

Wellness Bulletin

April – June 2011

Upcoming Events

“Surviving & Thriving During Turbulent Times” Workshop

Overview:

On-going turbulent economic conditions, continued uncertainty and change have become a part of American’s everyday living. The climate of insecurity at both the state and national levels can intensify individual stress due to the multiple life adjustments we are continually required to make. This workshop focuses on assisting participants in choosing healthy responses and strategies in the face of elevated and persistent stress.

Learning Objectives:

- Identify common responses to on-going uncertainty
- Describe multiple strategies to modify stress responses and increase resilience during uncertainty
- Discuss important components of your personal financial “tool kit”
- Present ideas for staying motivated and focused during turbulent times
- Develop your Personal Empowerment Plan to proactively manage uncertainty and stress.

Workshops are being hosted statewide at various CDCR worksites. For more information visit the Intranet (under *Coming Events*) to check dates, times, and locations.

<http://intranet/Pages/Default.aspx>

All workshops are seated
on a first come, first seated basis.

Please receive approval from
your supervisor to attend.

EAP Highlights

EAP now offers Web-Video Clinical Consultations!



In addition to the option of receiving EAP services face-to-face or telephonically, you now have the option to schedule a session with a counselor via web-video in the comfort of your own home! Simply contact EAP and ask for a web video consultation and you will be directed to an MHN clinician with web video capabilities. These sessions are the same as telephonic; they do not count against your number of allotted sessions per fiscal year.

Financial Services Benefit



Are you struggling to curtail your debt or develop a monthly budget? Are you working towards major financial goals – like buying a home, sending kids to college, or ensuring a comfortable retirement? EAP is here to help! With telephonic assistance and referrals to professional services for personal financial counseling, EAP can help you gain control of your financial life.

Call EAP at 1-866-327-4762

Available 24 hours a day, 7 days a week

Or visit: eap4soc.mhn.com

and register with access code: soc

Did you know.....

OEW administers the Statewide *Peer Support Program (PSP)*?

The PSP teams consist of fellow staff at each institution, parole office regions, and HQ and provides assistance to staff following critical incidents.



This program was established to ensure staff involvement in critical incidents are provided with intervention and available resources to treat the immediate affects of a traumatic incident.

For more information or if you are interested in being a part of this team, contact your local PSP team leader or Rosanna Rodriguez at 916-327-7082 or Rosanna.Rodriguez@cdcr.ca.gov

Your Career Can Thrive in Turbulent Times



Here are 5 quick tips for staying on track:

1. **Keep positive.** Staying upbeat during a downturn isn't easy. That's why maintaining a "can do" attitude gives you an advantage. People naturally prefer to work with or for someone with a positive outlook. And it's not just good for your career; according to studies, optimism is also good for your health.
2. **Be persistent.** In a weak job market, it's tempting to think things are so bad that the effort you put in doesn't really matter. Resist those thoughts, and instead put your positive thinking into action.
3. **Make yourself more valuable.** You were hired because of your ability to do things and get the job done. When circumstances make "do more with less" the workplace mantra, it's a great time to show other abilities you bring to the table. Demonstrate skills you already have but have never used in your job before – fluency in a foreign language, a computer skill, expertise in a specialized area, etc. – or communicate your willingness to learn something new. One way or another, if you're versatile, you're more valuable.
4. **Open up your options.** It's good to have a Plan B. Even when things are unsettled, usually there are opportunities in other organizations. You should keep track on what those opportunities are and which ones might be suitable for you.
5. **Be prepared.** Many things in life are beyond our control—focus your time and energy on taking a proactive approach to the factors you *are* able to control in your life.

Finally, even if you've moved up the career ladder on your own, that doesn't mean you don't need help if you're suddenly sliding down. Even successful and talented people can feel overwhelmed by new challenges. If your finances are out of control, you're having problems coping with stress, your relationships with your family are strained or any other work or life issues are more than you can handle, get help right away. Your EAP can provide it.

Provided by MHN

Your Health Tips

The Best Workouts for Every Mood

Beat a bad mood (or make the most of a good one) with an exercise routine tailored to how you feel



1. **When you're feeling stressed out** – Try swimming. There's something about the water that's very soothing.
2. **When you're feeling sad** – Try a scenic walk. Aim to do something rather than nothing – even a 10 minute walk has been shown to release mood-lifting endorphins.
3. **When you're feeling angry** – Try kick-boxing or strength training. The combination of physically pushing yourself while mentally focusing on the workout lets you blow off steam in a productive way.
4. **When you're feeling happy** – Try urban rebounding. These are classes that involve jumping on a trampoline while doing full-body toning and conditioning. If bouncing around isn't your thing, that's okay just try another class. It doesn't matter what you do as long as you harness your top-of-the-world mood by doing something you never thought you could.
5. **When you're feeling lonely** – There's nothing like endorphins from a good workout to spark conversation and build new friendships. Most exercise groups welcome newcomers, so don't be shy!

Provided by msnbc.com